



Food Safety Tips for Fresh for Home Meals

To keep you and your family safe while enjoying these delicious meals, follow these food safety tips.

- If you do not enjoy the meal right away then it should be refrigerated
 - Keep foods out of the danger zone 41-135 degrees
- Keep cooked hot food at an internal temperature of 140 °F or above.
- Reheat all meals to at least 165 degrees within 2 hour. Be sure to use a food thermometer.
 - Bring soups or gravies to a rolling boil
- After reheating, allow for meals to sit 2-3 minutes to prevent the risk of burns.
- Remember the 2-hour rule: Discard all perishable foods that have been left out of the refrigerator longer than 2 hours; 1 hour if the air temperature is above 90 °F.
- Discard any food as indicated by the date on the label.